

# Teaching the 3 Principles of Osteopathy



## Introduction

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# Robert Muts D.O.

- **Director College of Osteopathy Sutherland Amsterdam**
- **Director Integral Medical Centre Amsterdam**
- **Director Academy for Mesology (Naturopathy)**
- **Complementary Children's Centre**



**OSTEOPATHIE**  
College Sutherland

# Robert Muts D.O.

Director College of Osteopathy Sutherland Amsterdam

- 5 year Type I (full-time)
- 6 year Type II (part-time)
- Osteopathic Clinic







## Introduction



# Robert Muts D.O.

## Director Integral Medical Centre Amsterdam (IMC)

- 15 Osteopath D.O.
- 13 Mesologist D.M. (Naturopathy)
- 4 Psychologist
- Clinic



**INTEGRAAL MEDISCH CENTRUM**  
Centrum voor complementaire behandelwijze

Contact - 020 682 77 88  
Email - balie@imc-amsterdam.nl

HOME OVER HET IMC » MESOLOGIE » OSTEOPATHIE » PSYCHOTHERAPIE » PATIENTEN » NIEUWS 🔍

### Welkom bij het Integraal Medisch Centrum te Amsterdam

Het centrum voor complementaire diagnostiek en therapie. Wij richten ons op chronische klachten en zijn gespecialiseerd in het zoeken naar de oorzaken. Dit vindt zich onder andere terug in de samenwerkende disciplines in het centrum: Osteopathie, Mesologie en Integratieve Psychotherapie. Lees verder...

Over het Integraal Medisch Centrum

Samenwerken natuurlijk beter

Het laatste nieuws



## Introduction

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# Robert Muts D.O.

## Complementary Children's Centre

- 7 Osteopathy D.O.
- 4 Mesology D.M.
- 11 trainee → learning





# Introduction

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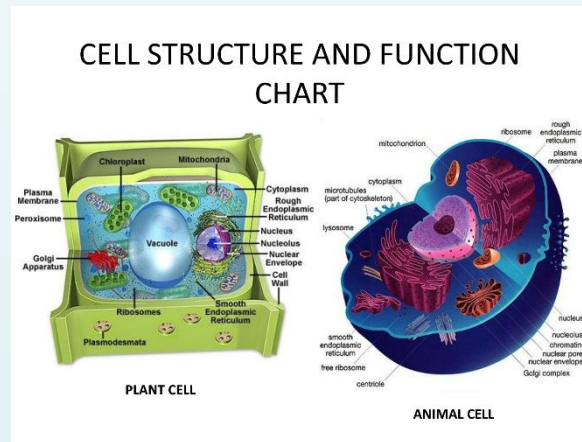
Amsterdam



Dolomites



# Teaching the 3 Principles of Osteopathy



**Biological  
Unity**

**Structure  
Function**

**Self-Regulation  
Balance**



## Osteopathic Science



A.T. Still → Osteopathy = Science  
= Philosophy  
= Concept

Now (2016) knowledge of details  
over 1.000 techniques and methods

**'human aspect' ?**



- **Science** → Facts, Phenomenon, laws and logic  
- observation, experiments & analyses
- **Philosophy** → Basic principles, (love of wisdom)
- **Concept** → gathering of Ideas



## Osteopathie Science & Skills?

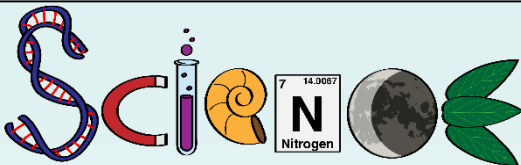
Is Osteopathy a scientific method?

### We try to proof Osteopathy:

1. Review & meta-analyse
2. Randomized controlled clinical trial
3. Cohort
4. Case control
5. Cross sectional
6. Case study

Several scientific methods:

- Applied science
- Fundamental research
- Evidence Based Medicine



Is Osteopathy a skills method?

### The osteopathic skills:

1. Anamnesis
2. Tests and palpation
3. Diagnostic models
4. Working hypothesis
5. Manual treatment
6. Result and effects

Hard skills: Tests & techniques

Soft skills: psychologic?  
social?  
individual?



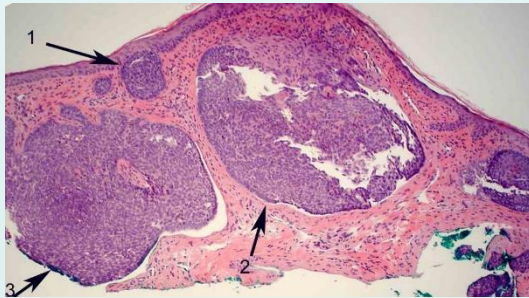
Or is Osteopathy a Science by itself, incl. soft skills?

## Osteopathie Science & Skills?

### Paradigm traditional Medicine

Cellular Pathology →  
Disease = deformity of Form/Function  
(Rudolf Virchow 1858)

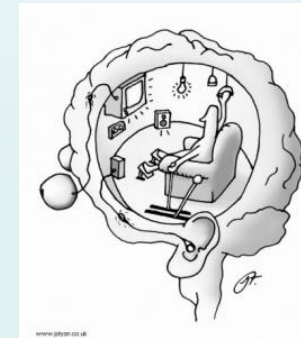
→ Therapy = combat (fight), cause ↓  
→ DD



### Paradigm Osteopathy

Phenomenology → actual Dysfunction)  
(Edmund Husserl 1859-1938)

→ Therapy = Function (Panta Rhei)  
→ Life (Health) will restore the Balance

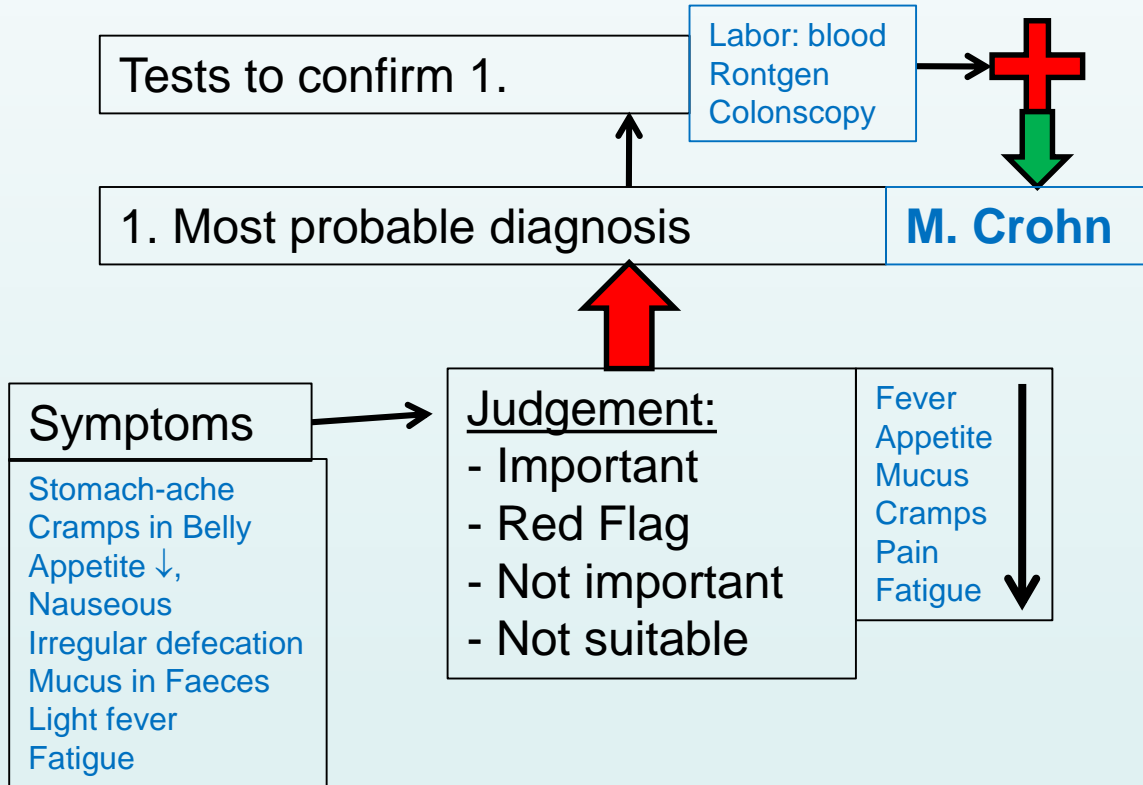


Or is Osteopathy a Science by itself, incl. soft skills?



## Medical Paradigm

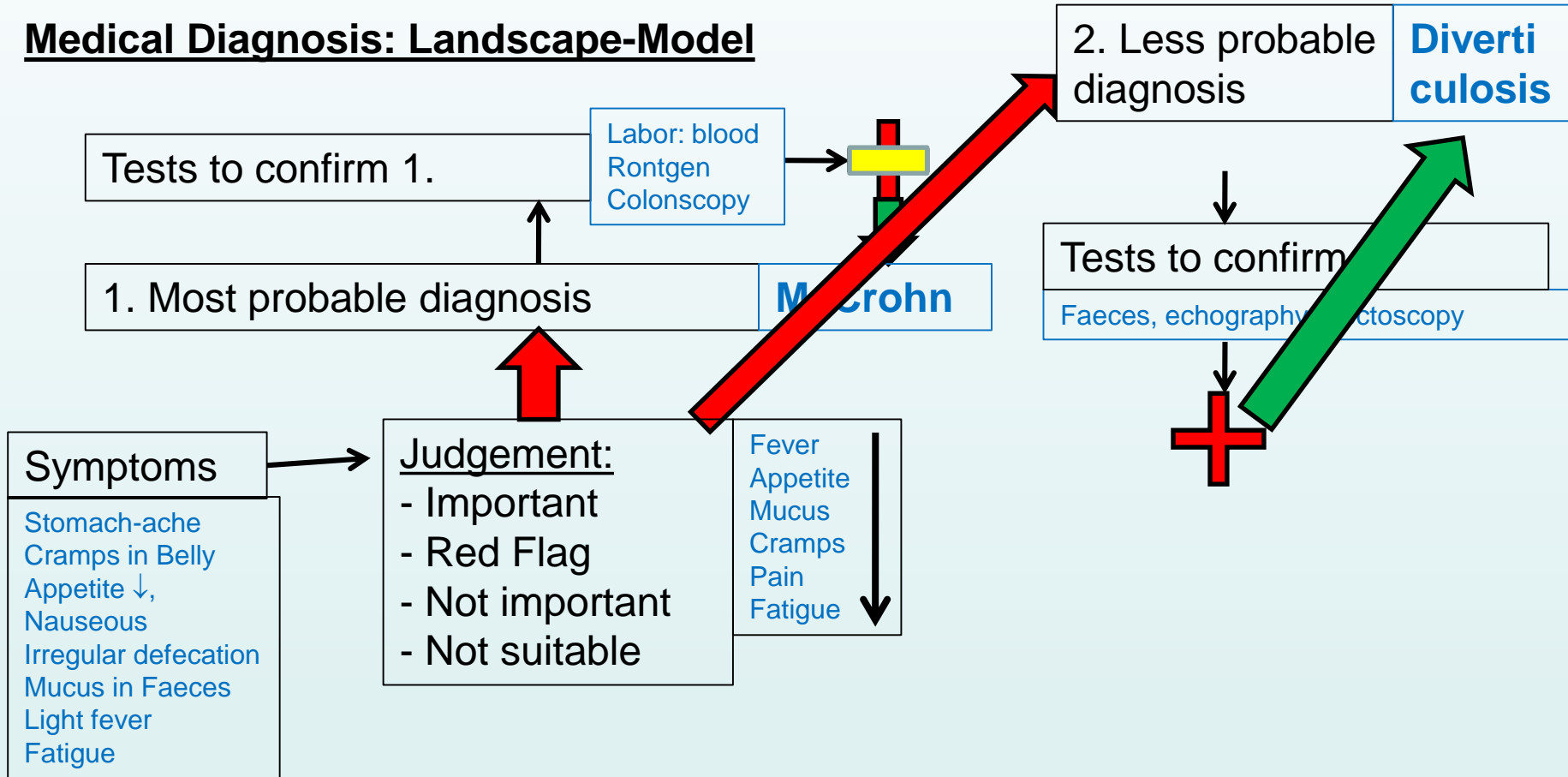
### Medical Diagnosis: Landscape-Model





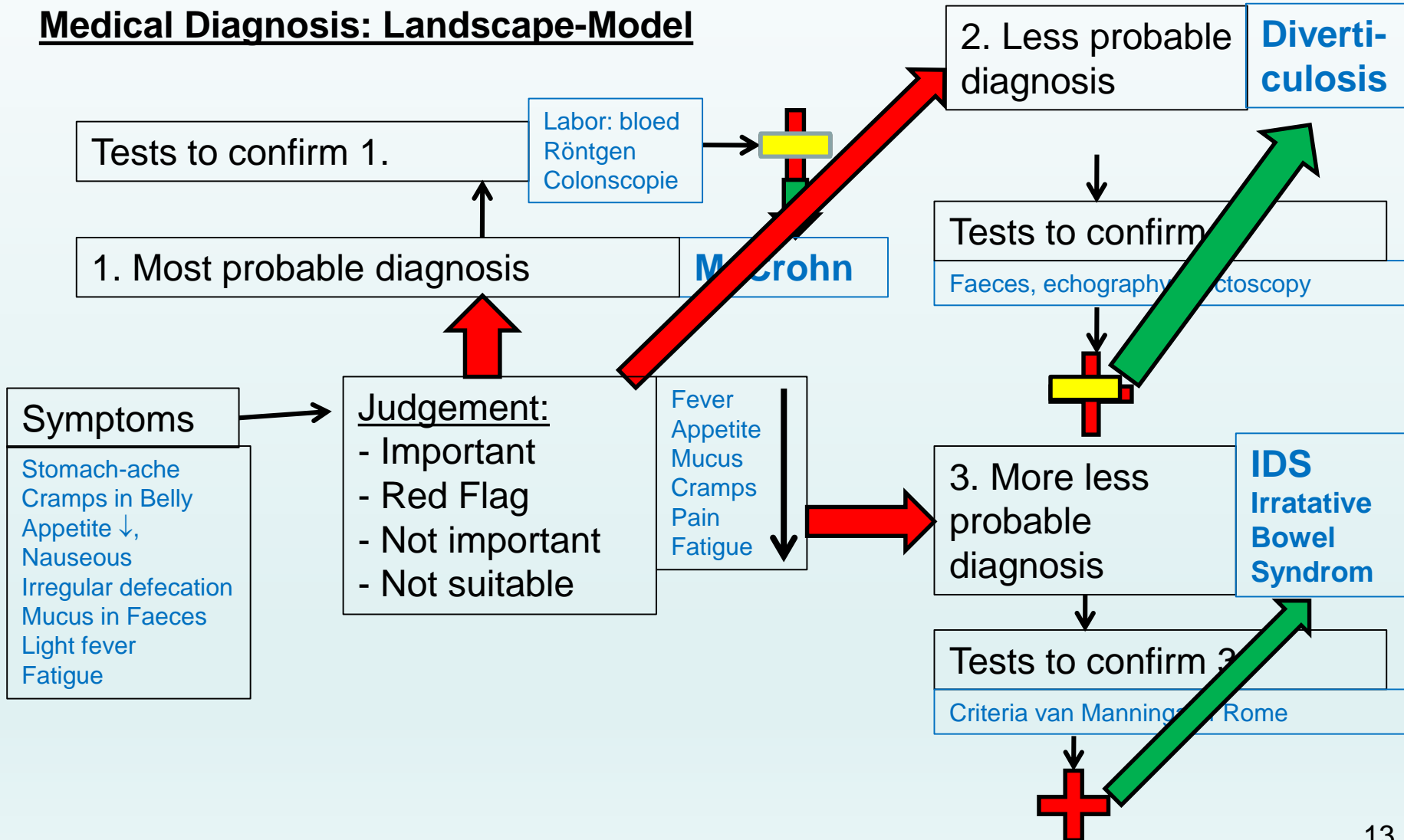
## Medical Paradigm

### Medical Diagnosis: Landscape-Model



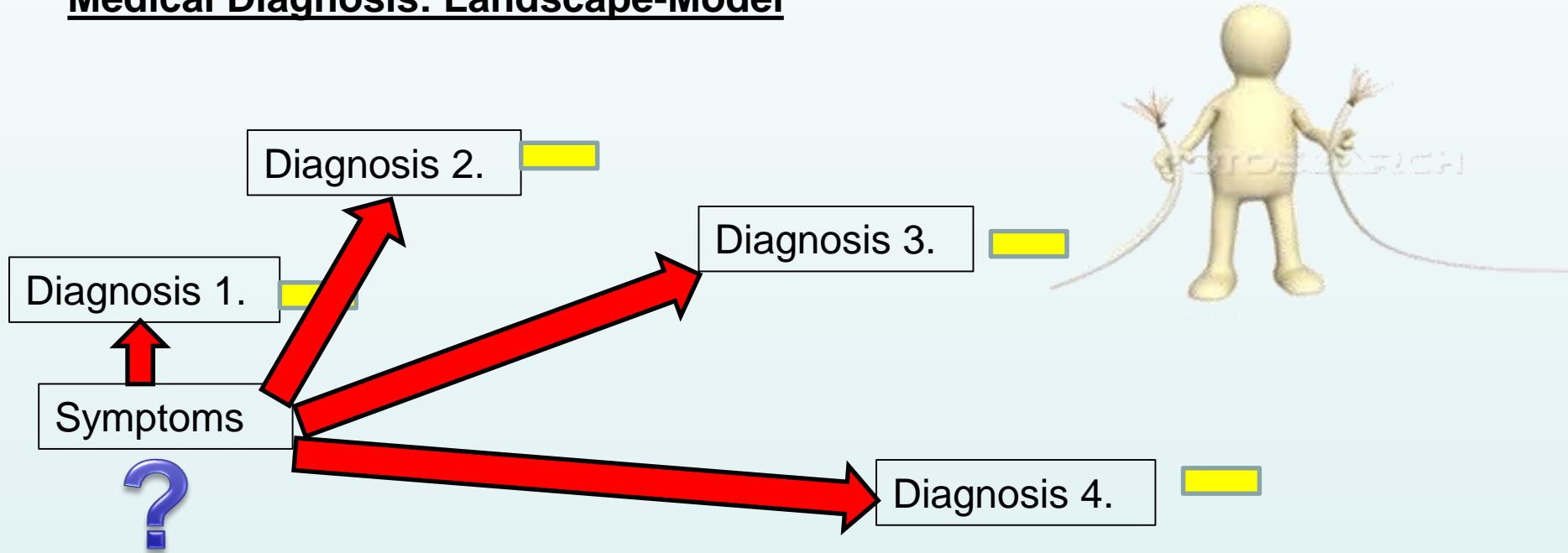
## Medical Paradigm

### Medical Diagnosis: Landscape-Model



## Medical Paradigm

### Medical Diagnosis: Landscape-Model



Disease → Pathology → Syndrome → Psychosomatic → Psychic

classifies (therapy = known) → undefined (Therapy not known)

Science (Pharmacy) → experience / empiric (Trial and Error)



# Paradigm

## Medical Diagnosis: Landscape-Model



Symptoms:

- 1. Big
- 2. Grey
- 3. 4 legs
- 4. Tail
- 5. Proboscis

1. Most probable diagnosis

Therapy:

- a. Move (loose weight)
- b. Diet: vegetarien
- c. Africa

= EBM (evidence based medicine)

1. Less probable diagnosis



Therapy:

- a. Hypoglossus: tongue moves 150 x / minute outside
- b. Diet: ants
- c. South-America

**“The Evidence Beast”**  
8% of patients complaints fit

## Osteopathic Paradigm

- **First examine everything → findings → Individual diagnosis**

Examine all functions = all 26 characters of the alphabet

A B C D E F G H I J K L M N O P Q R R T U V W X Y Z

A B C D E F G **H** I **J** K L M **N** **O** P Q R R T U V W X Y Z

Individual Dysfunctions

**H** **J** **N** **O**

Relation (individual, logical)

**J** **O** **H** **N**

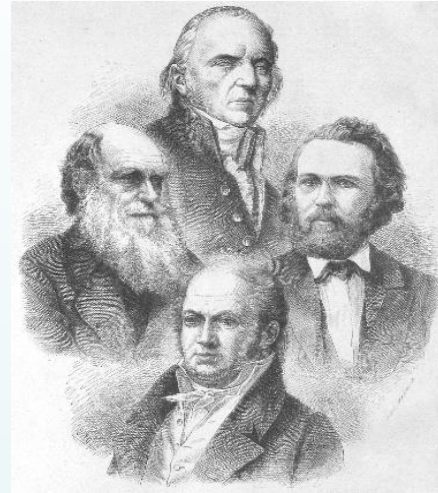
Unique diagnosis ≠ the Pathology

= the individual dysfunctions that have  
leaded to this Pathology / Syndrome



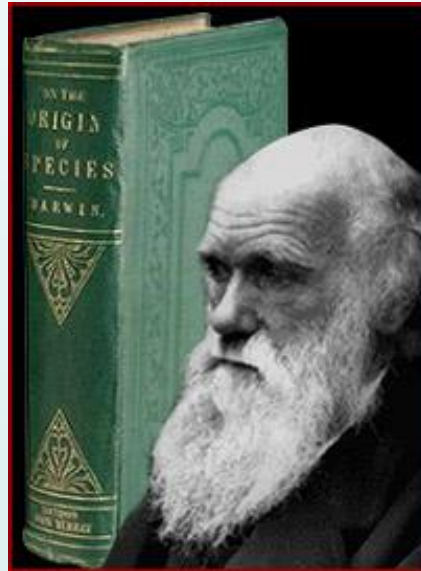
## Comparison Osteopathy - Evolution

Comparison to Evolution Theory  
Natural-Science for understanding  
the existence of species on earth



*Darwin: On the origin of species by means of natural selection, or the preservation of favoured races in the struggle for life'*

Darwin, Charles, 1995, *The origin of species*, Random House USA inc. New edition;



- Jean Lamarck  
(above, 1744-1829);
- Charles Darwin  
(left, 1809-1882);
- Ernst Haeckel  
(right, 1834-1919)
- Étienne Geoffroy Saint-Hilaire  
(below, 1772-1844).
- From 'Die Gartenlaube'  
(1873).



# Evolutionary Science

## Three Principles of Evolution Theory

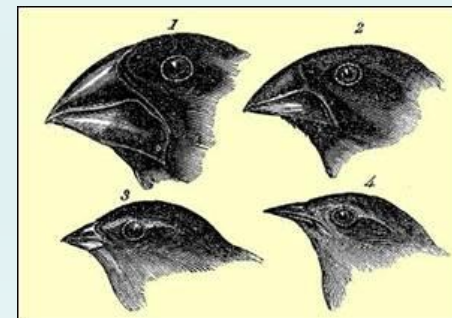
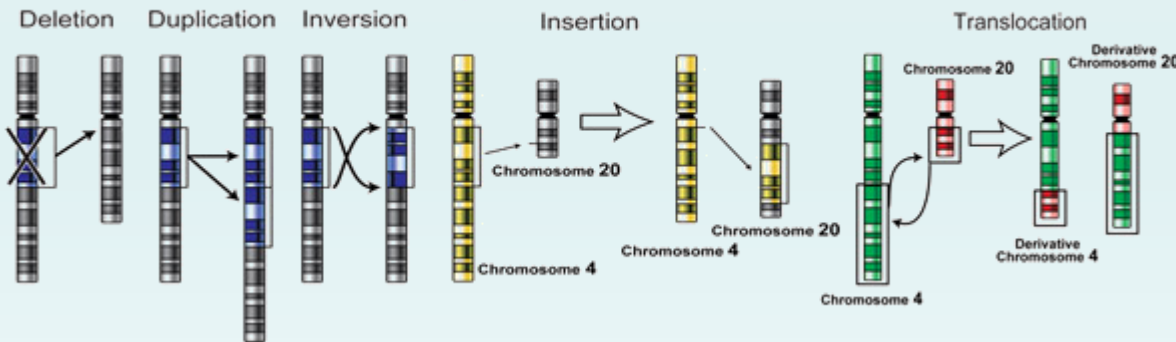
1. *Variation of a kind, within the species*



Mutation, recombination and horizontal Gen-transport → new characteristics

- Mutation = change in DNA or RNA
- Recombination → development of new characteristics → variation
- Horizontal gen-transport = exchange of genetic material

### Types of Mutations



## Evolutionary Science

### Three Principles of Evolution Theory

#### 2. *Natural selection*

Some individuals → Good combination of allele (gen-variations)  
→ better fitted to survive than others

Natural selection → next generation (better surviving)  
→ Population adapted to circumstances (changing)

- Hundreds of generations → change is visible
- All species have the same common origin.
- One-cell micro-organism → relative quick (Bacteria)
- Complex organism → long time
- Artificial = breeding of animals or plants.



## Evolutionary Science

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### Three Principles of Evolution Theory

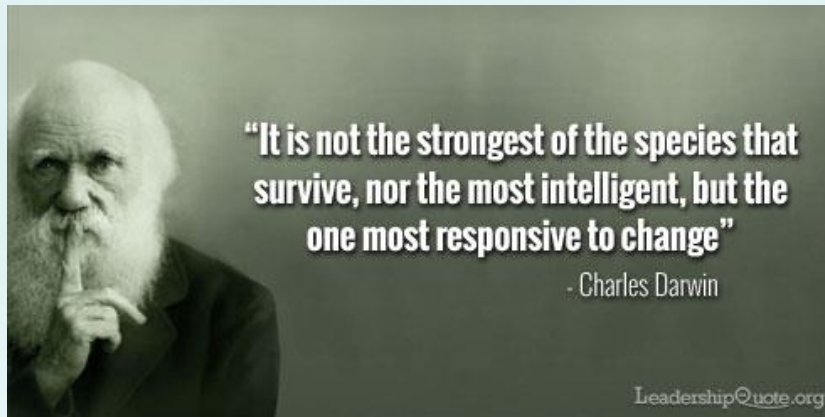
#### 3. *Genetics*

Organism → characteristics → next generation.

Structure → genetic (DNA)

Function → Cell-Organelles, such as Mitochondria, Golgi  
Cytoplasm

#### Phenotype & Genotype





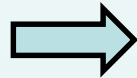
# Evolutionary Science



## Three Principles of Evolution Theory

Evolution → 3 Principles → each of them can be proved  
→ combination → Science

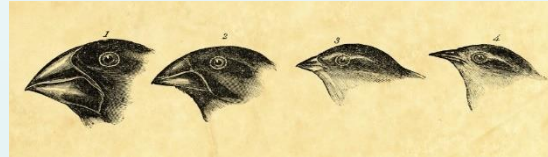
1. Variation



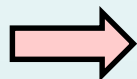
Different types of a kind



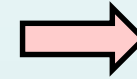
Unique types



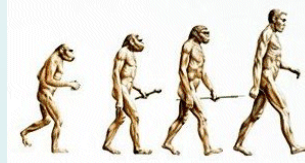
2. Natural selection



Adaptation (fitt in)



Survival of the fittest



3. Genetics



Next generation



New species



## Osteopathic Science

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### Three Principles of Osteopathy

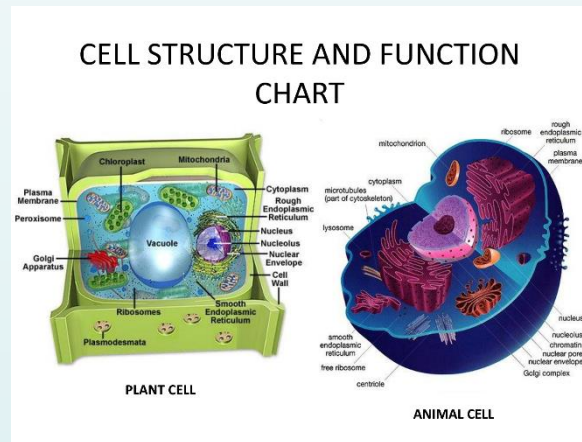
Osteopathy: Natural scientific explanation for health and the preservation of it.

**Panta Rhei**

All what is living is flowing



# Teaching the 3 Principles of Osteopathy



**Biological  
Unit**

**Structure  
Function**

**Selfregulation  
Balance**



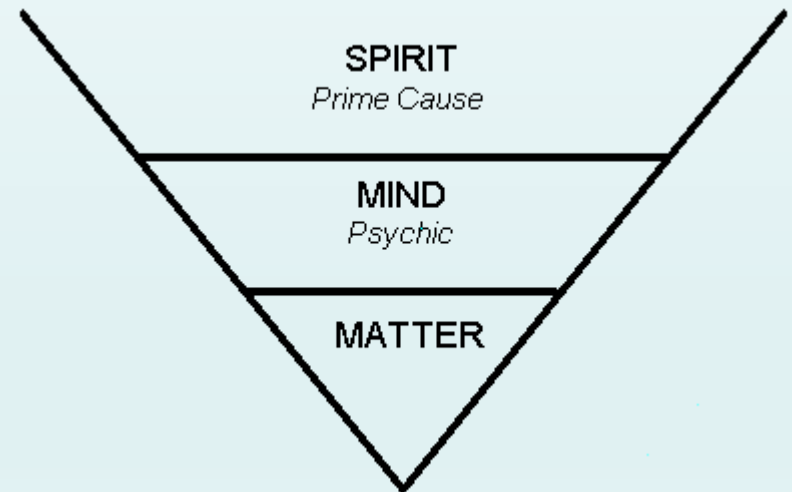
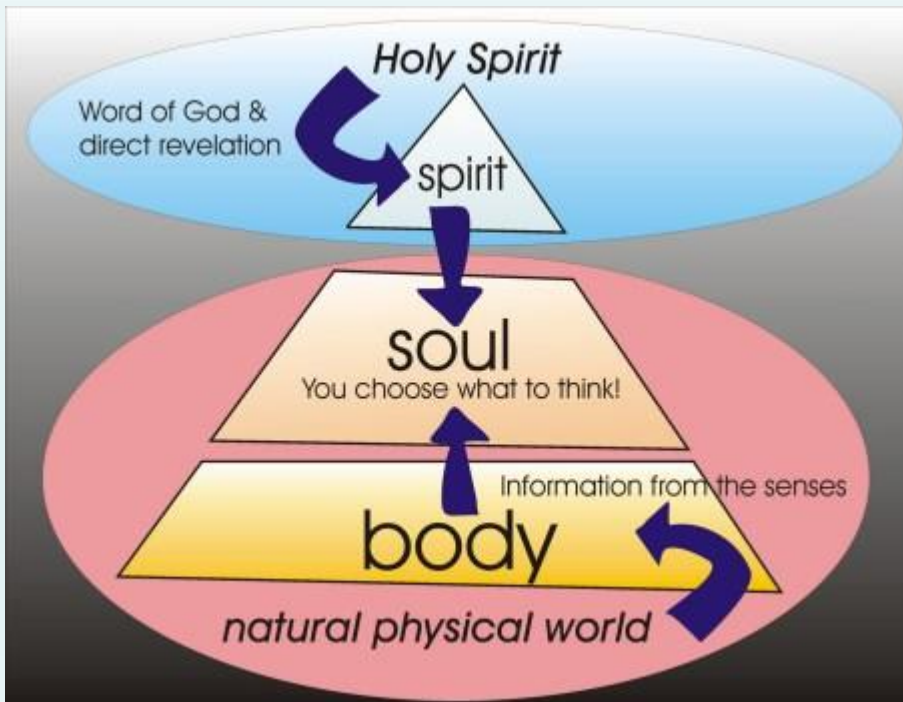
## Osteopathic principles

### 1. The human Organism is a biological unit

Often → 'the body is a biological unit '.

→ body = a composed building (physics, psyche & spirit)

→ Triune man (A.T. Still): matter, mind & spirit.



## Osteopathic principles

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### 1. The human Organism is a biological unit

Spirit, Mind & Matter = 'dogma of the Ghost in the Machine',

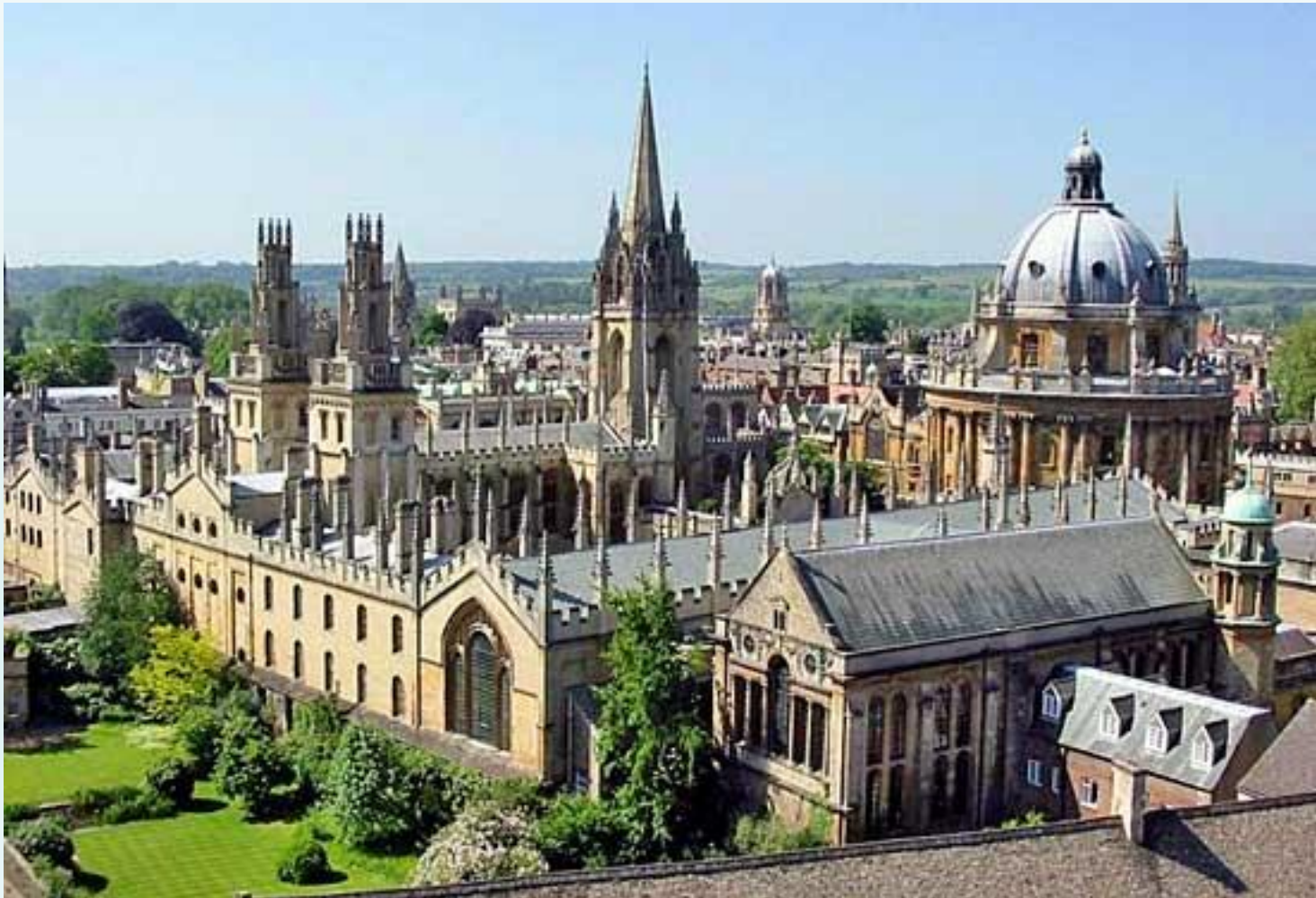
**Gilbert Ryle:** Tourist → lecture halls, libraries & other  
buildings University Oxford  
→ complains → University?



## Osteopathic principles

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### 1. The human Organism is a biological unit



## Osteopathic principles

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### Embryology

Spermatozo (smallest)

+

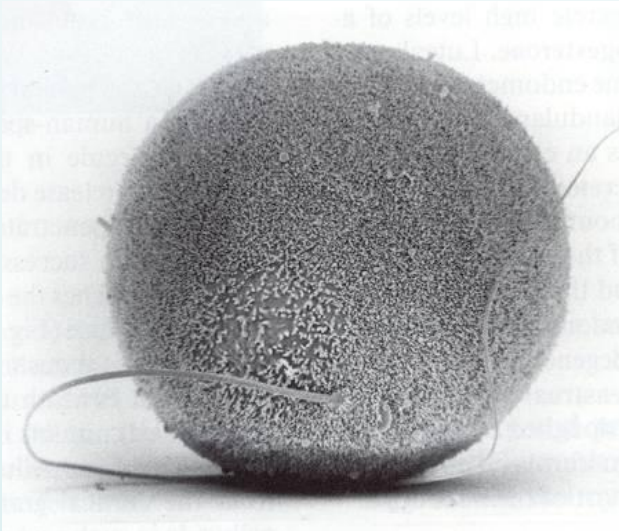
Oöcyt (biggest)

↓

A new form of life (Breath of life)

As a Unit

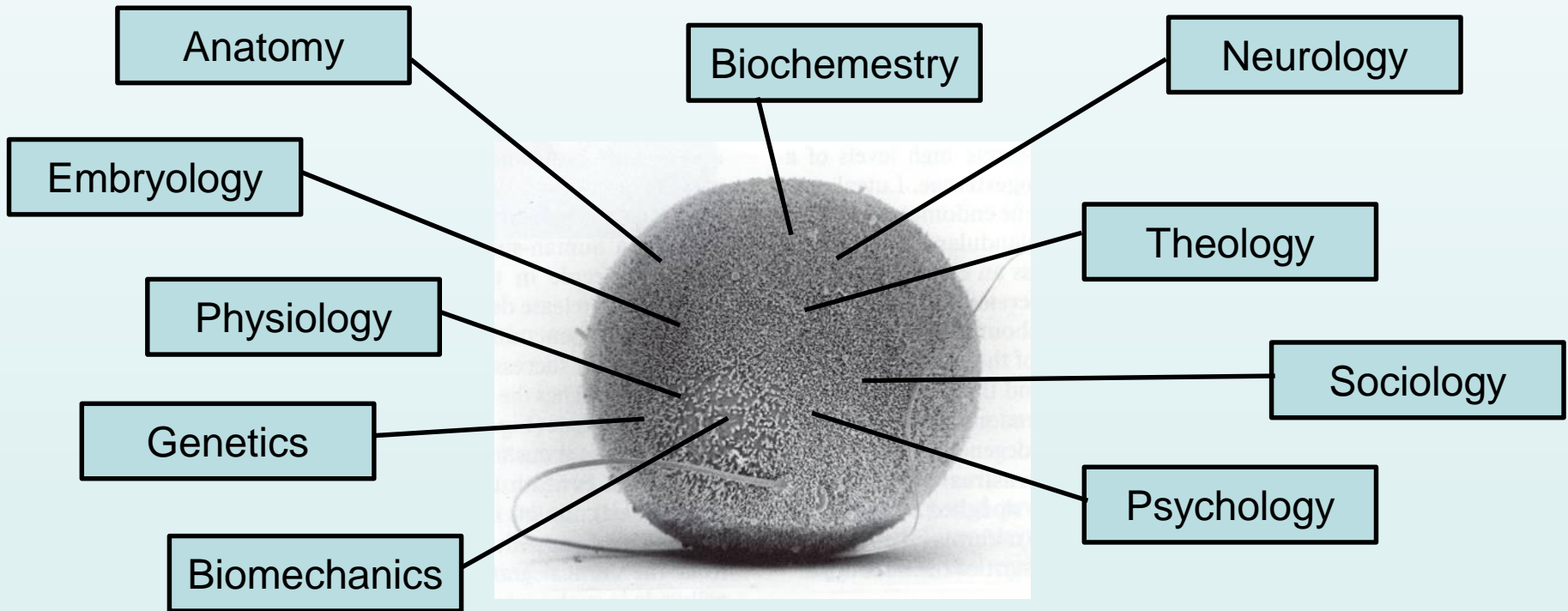
(incl. Body, Mind, Spirit, Energy,  
Existence)





# 1. The human Organism is a biological unit

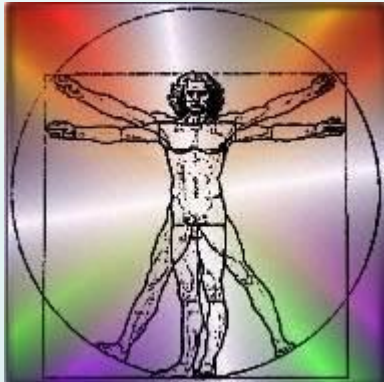
## Osteopathic principles



**Each area seems to have his own truth**

# 1. The human Organism is a biological unit

## Osteopathic principles

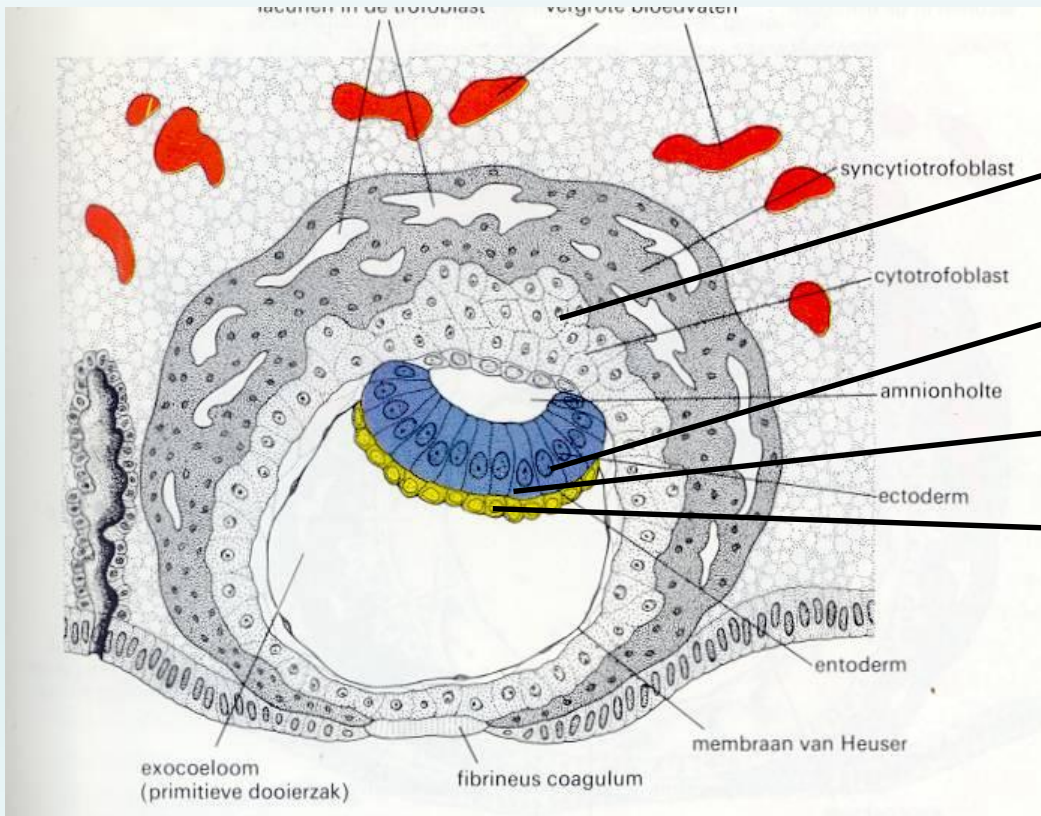


# 1. The human Organism is a biological unit

## Osteopathic principles

Embryology → multiplication cells  
→ organization  
→ more complex  
→ Unit

- Position
- Time
- Environment



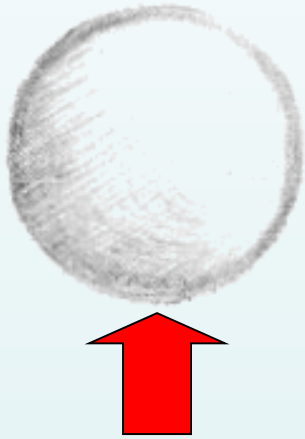
Placenta

Ectoderm

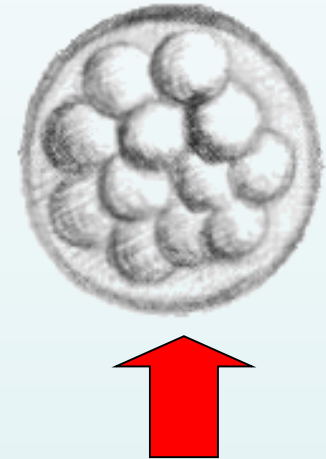
Mesoderm

Entoderm

## Osteopathic principles



No 'Cell' or 'Zygote',  
= un-divided human unit!



No growth → under-ordering of cells



*Still 'We regard full health, which means in perfection in the entire organism and harmony not only for its parts'.*

Still, A. T., 1899, *Philosophy of Osteopathy*, Kirksville;



## Osteopathic principles

"No man ever steps in the same river twice, for it's not the same river and he's not the same man."  
- Heraclitus.

2. Function  $\xrightarrow{\text{creates}}$  Structure; Structure  $\xrightarrow{\text{directs}}$  Function

Function = Life

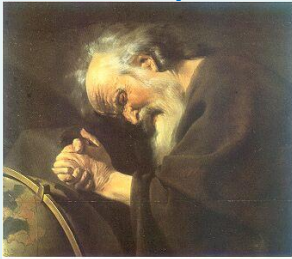
→ Exchange with the environment

→ Exchange = Movement

→ Panta Rhei

### Heraclitus from Ephese

Ἡράκλειτος  
540-480 BC.



*"You can not step in the same river twice"*

→ You can not search for the unchanging

Vermeersch, Etienne en Braeckman, Johan, 2014, *De rivier van Herakleitos*, Uitgeverij Houtekiet, Antwerpen / Utrecht.

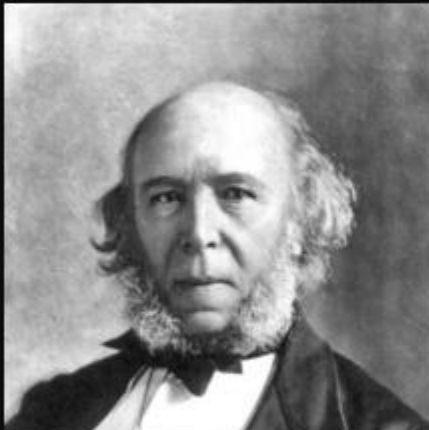
→ Study of Unit (thesis + antithesis = synthesis)

**Movement** = the expression of Life

## Osteopathic principles

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**2. Function  $\xrightarrow{\text{creates}}$  Structure; Structure  $\xrightarrow{\text{directs}}$  Function**



Herbert Spencer

This survival of the fittest which I have here sought to express in mechanical terms, is that which Mr. Darwin has called "natural selection", or the preservation of favoured races in the struggle for life.

AZ QUOTES

2. Function  $\xrightarrow{\text{creates}}$  Structure; Structure  $\xrightarrow{\text{directs}}$  Function

Osteopathic principles

Function  $\rightarrow$  changing environment.

Function  $\neq$  express itself

Dysfunction?

$\rightarrow$  **Lack of freedom**, 'lack of movement'

Which Function is unable?

- Rhythm
- Direction
- Tension
- Etc.

Anatomy

Embryology

Physiology

Genetics

Biomechanics

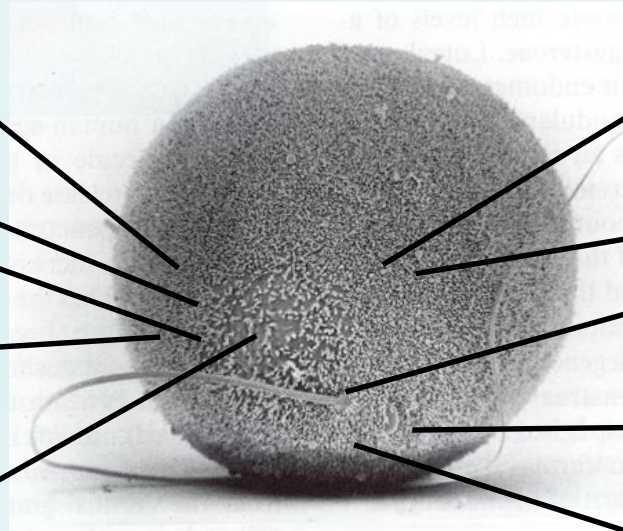
Neurology

Biochemistry

Theology

Sociology

Psychology



## Osteopathic principles

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**Diagnostics** = osteopathic dysfunction  
= reduced movement  
≠ interpretation of function

**Therapy** = freedom for the function  
= restore movement  
≠ to heal a damaged structure



## Osteopathic principles

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### 3. Balance and Self-regulation

*By a complex balance system the organism tends to self-regulation and self-healing.*

Survival Principle → Cell → Organism with  $4^{13}$  Cells

Health            ≠ State of being  
                      = expression of function

= restoring mobility

≠ standard (the best fittest Function)

= WHO → a State of physical, mental and social well-being

Restore Health = soft & hard Skills Osteopathy

## Osteopathic principles

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### 3. Balance and Self-regulation

Proof?

- scientifically?
- individually?
- supernatural or metaphysic effect?

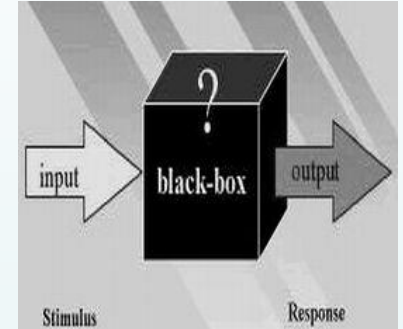
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Combine all by measuring the Effect

National Health Council (NL, 1993. Prof E. Borst)

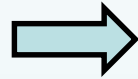
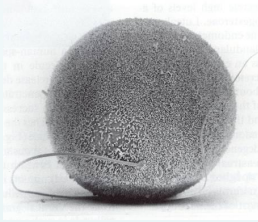
= WHO → Physical, Mental & Social well-being

Function of the Dysfunction

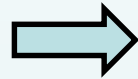


## Osteopathic principles

### 1. Biological Unit

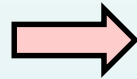


Each cell = subservient to the Organism

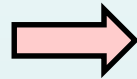


Unique types ≠ Body, Mind, Spirit

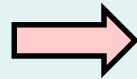
### 2. Function ↔ Structure



Function needs Structure to express itself

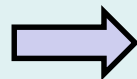


Expression = osteopathic mobility

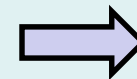


Panta Rhei (nothing stays same) → individual

### 3. Balance



Survival in each Cell / Structure



Freedom

Function

## Osteopathic principles

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Osteopathy = hard Skills / Science

Anatomy = structure

Embryology = development

Physiology = basic functions

Psychology = behaviour

→ **Learn Osteopathy**

Osteopathy = soft Skills / Science

expression of Function  
(Morphology, Palaeontology)

Embryo in Movement  
(Ontology, Phylogeny)

Organism, Biology = milieu exterior  
/ Evolution (Dobzhansky, 1970)

Relationship Osteopath – Patient

→ **Become an Osteopath**



## Osteopathic Skills

### Teaching the Soft Skills

